

National School Breakfast Week

BRIGHT IDEAS

NATIONAL SCHOOL BREAKFAST WEEK is March 6-10, 2006 and Eat Smart. Play Hard.™ has got you covered.

Let's get ready NOW to celebrate using the materials!

GET KIDS EXCITED BY HAVING A CONTEST!

Kids Are Creative! Let students create a poster, story, poem, or collage about breakfast. Feature the winning entries during National School Breakfast Week. Throw a popcorn party for all the participants!

Student-Selected Breakfast - Ask kids to give their suggestions for breakfast menu items and feature them during National School Breakfast Week with creative names such as "Sally's Sausage Roll-Ups" or "Antonio's Omelets." Hold a school breakfast party for all the winners!

Eat Breakfast and Be a Winner! Randomly place a Power Panther sticker under a cafeteria chair, on a to-go bag, or tray liner - then announce that the special seat, bag or tray wins! Or give out tickets during breakfast for students to enter a drawing at the end of the week.

"POWER UP" KIDS WITH A LESSON ON BREAKFAST

Use the "Power Up with Breakfast"* lesson plan to conduct a fun and exciting 20 minute lesson. This complete plan is coming soon and is ready-to-teach.

Remember to connect with parents by sending home the "Power Up With Breakfast" bookmark or brochure.

Bookmark
(English/Spanish)



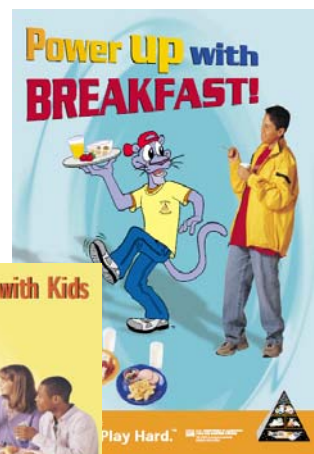
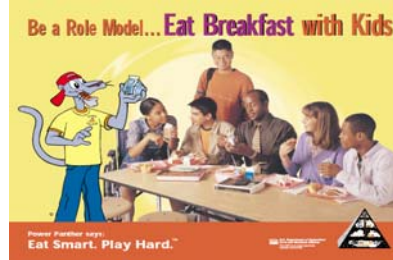
Lesson Plan*

**FNS Program Cooperators contact us at eatsmartplayhard@fns.usda.gov for an advanced copy of "Power Up With Breakfast."*



Parent's Brochure

*Posters
(English/Spanish)*



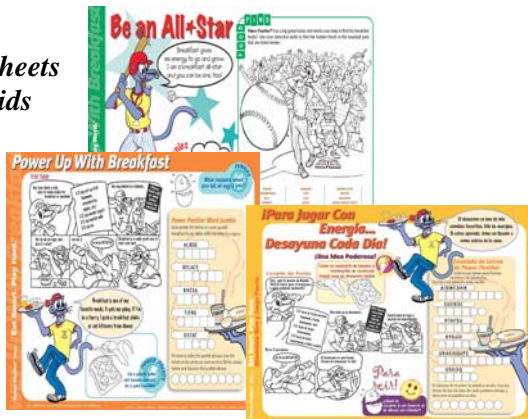
GET YOUR SCHOOL INVOLVED BY HOLDING A CAFETERIA FOOD TASTING OR SPECIAL ASSEMBLY

Whatever event you choose, we have got you covered!

- ✓ Use activity sheets as tray liners www.fns.usda.gov/eatsmartplayhard/collection/kids_activity.html
- ✓ Give out bookmarks www.fns.usda.gov/eatsmartplayhard/collection/collect_parent_3.html
- ✓ Play a radio PSA during morning announcements www.usda.gov/agency/oc/vtr/audio/powpp.mp3
- ✓ Decorate with posters www.fns.usda.gov/eatsmartplayhard/collection/tools_posters.html
- ✓ Display "table tent" centerpieces www.fns.usda.gov/eatsmartplayhard/collection/collect_kids_4.html
- ✓ Plan a visit from Power Panther www.fns.usda.gov/eatsmartplayhard/Zone/costume.html
- ✓ Send home brochures to parents www.fns.usda.gov/eatsmartplayhard/collection/parent_broch.html
- ✓ Get more ideas on the tip sheet www.fns.usda.gov/eatsmartplayhard/collection/Files/PowerPac/tip_sheet.pdf

To order go to www.ntis.gov/usda/orderfns.aspx. Be sure to leave 2-4 weeks for delivery.
As always, please contact us at eatsmartplayhard@fns.usda.gov to let us know about your activities and how YOU used the materials!

*Activity Sheets
for Kids*



(Spanish)

Table Tent

